



**ZOOMING IN
ON ZUMBA**
FUSION DANCE A
GOOD WORKOUT {page 17}

INSTANT KNOWLEDGE
AN IPHONE APP FOR
DOCS AND MORE IN
LEARNING CURVE {pages 27-35}



**SORRY
KANYE STILL
FEELING PAIN
SCENE** {page 12}



VANCOUVER

metro®

Tuesday, September 7, 2010
www.metronews.ca



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Tom Hanks gives support to Dr. Peter

- Actor became an honorary patron of the foundation after learning about it from Dr. Peter's mother
- Physician with HIV/AIDS created an 111-episode weekly TV series about his life that ran from 1990 to 1992

Alive & in
support of The Dr. Peter AIDS Founda-
tion, named after Vancouver doctor Peter
Jepson-Young, who died of AIDS.

Vancouver is celebrating its first Dr.
Peter Week Sept. 3 to 10.
"In 2010, we are all a better, more
hopeful people thanks to Dr. Peter and

his inspirational work," Hanks wrote.
"Vancouver and the world, (we're) lucky
to have him."
Hanks won a best-actor Oscar for his

role as a lawyer with AIDS in the 1993
movie Philadelphia.

● KRISTEN
THOMPSON

Transit. Pet peeves



► Feet up — hanging over the aisle — and wet umbrellas on seats are among transit riders' top pet peeves.

JEFF HODSON/METRO VANCOUVER PHOTO ILLUSTRATION

Riders, mind
your manners

Returning students are expected to crowd Metro Vancouver's buses and SkyTrain starting today, making it even more important to remember your transit etiquette. People with strong body odours, seat hogs and loud talkers all made a list of transit irritators. Story, page 3. ● VANESSA YEE

Piracy

'Catch and release' panned

- Government ordered navy not to take any prisoners unless it has iron-clad case {page 6}

Letting go can be hard to do for parents

Student sendoffs may be more difficult on adults than their children {page 24}

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with Evan Solomon

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**LANG &
O'LEARY**
EXCHANGE

4 pm

Connect.
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5 pm



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National**
with Peter Mansbridge



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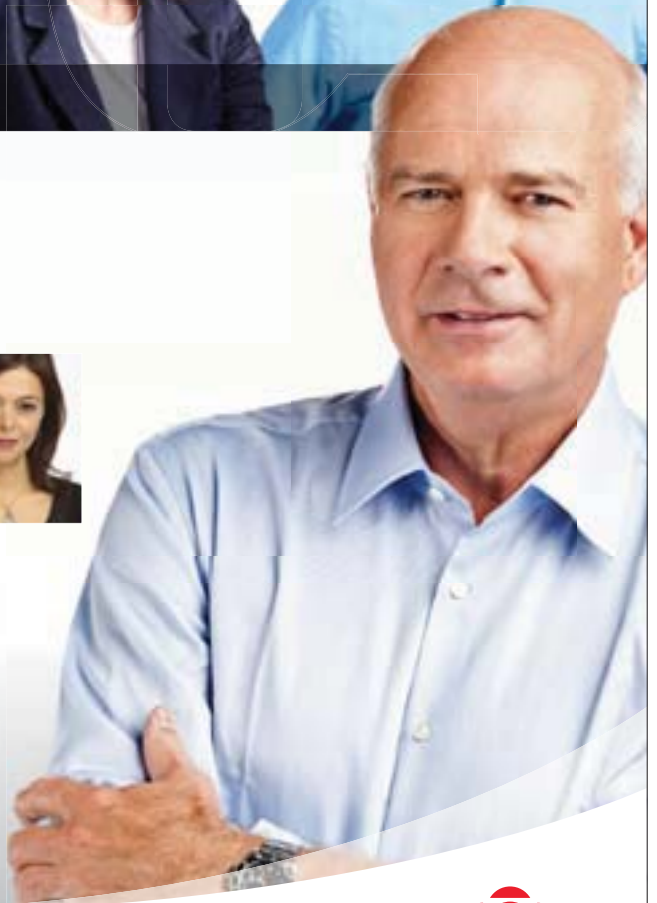
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Nahlah
Ayed

9 & 11 pm
Sunday at **9 pm**
on CBC News Network

10 pm
Saturday at **3 pm**
on CBC Television



CBC news



Readers' tweets

@crease222

No exiting etiquette! Add a live band and it's a mosh pit.

@drowcliffe

Loud mobile phone conversations ... Inside voices, people!

@everlastinglife

people coughing into their hands. USE YOUR ELBOW.

@WhatsForLunch-BC

The last train from water-front leaving at 12:15am on a holiday Sunday. Cost me \$75 to get a cab home

@Karin_Femi

People who think the bus is their bathroom and groom themselves, clip their nails, clean their ears and floss their teeth.



Follow Metro on Twitter
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Operator peeves

Transit operators Brian Revel and Lori Kaake say commuters aren't the only ones looking for manners on the bus and SkyTrain.

- 1 Passengers who do not have their fare/ticket ready. "We're not trying to rush you, we just want to be efficient."
- 2 Passengers who are able-bodied but don't respect the courtesy seats. "Young, able-bodied passengers should get up and allow them to have the seats. It's all about courtesy."
- 3 Passengers who don't move to the back. "We won't hold you hostage, just move to the back of the bus, it makes it easier for people to get on."



▶ People who have loud cellphone conversations are on many people's lists of transit pet peeves.

Riders, drivers share peeves

- ▶ Back-to-school rush means crowded buses and SkyTrain
- ▶ Manners especially important when squeezed together



VANESSA YEE
VANCOUVER@METRONEWS.CA

Loud cellphone talkers, giant backpacks and wet umbrellas on seats are among the top pet peeves Metro readers shared over Twitter.

Elynn Ngu said it drives her nuts when people on the outside seat don't get

up or move when she tries to squeeze by.

Jeetinder Ghataurah said he's irked by people with loud, annoying ring tones.

"(They) take forever to find the phone so it rings and rings forever."

Commuters are not the only ones with transit peeves.

Lori Kaake, a transit op-

erator for five years, said bus drivers try, but they can't answer every question.

"We don't know specific addresses and ... there are so many different buses and not all drivers may be familiar with all the areas. We have a great website for trip planning."

Transit operator Brian Revel said he wishes that

passengers would realize "bus drivers are human too."

"We do not deliberately run late or leave people behind. We do the best we can given the conditions."



What are your transit peeves? Share at vancouverletters@metronews.ca

Snowboardcross tops Olympics danger list

Snowboardcross was the most hazardous sport at the Winter Olympics in Vancouver, with nearly 75 per cent of female athletes sustaining injuries during the rough-and-tumble races, according to a medical study.

The report, published in the British Journal of Sports

25 About 25 per cent of the injuries were serious enough to result in athletes being unable to train or compete.

Medicine, found that at least 11 per cent of all athletes at the Games in February sustained injuries —

including 20 concussions.

The study reported a total of 287 injuries among the 2,567 athletes, including the "catastrophic injury" that caused the death of Georgian luger Nodar Kumaritashvili in a training crash before the opening ceremony on Feb. 12.

THE ASSOCIATED PRESS

Dad-to-be among dead in weekend of auto crashes

It was a deadly long weekend on the roads after six people were killed or seriously injured in local crashes.

Brian Wood, 33, from Vancouver was killed and his pregnant wife injured after their car was hit by a woman taking off her sweater while driving.

Two other people died

in that accident.

A B.C. woman is in critical condition in Washington State after crashing on her way home from the Gorge.

In Mission, one person was killed in a head-on collision and in Surrey a pedestrian died in a hit-and-run.

● KRISTEN THOMPSON

1

news



News on the move

- 1 Download the free ScanLife application with your smartphone at 2dscan.com
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On the web at metronews.ca



Allan Small wonders if it's time to worry about a new market bubble. More at metronews.ca/investing



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Experts worry about self-injury trend involving embedding objects under the skin. Scan code for story.

News in brief

Police: Death suspicious

CRIME. Investigators say foul play is suspected in the death of a 27-year-old woman found in a Maple Ridge motel. An autopsy is set for today.

● JENNIFER O'CALLAGHAN

HST petition's fate coming

TAX. British Columbians could learn as early as tomorrow what will happen to ex-premier Bill Vander Zalm's petition to repeal the HST.

THE CANADIAN PRESS

New PNE events may not return

► An estimated 950,000 took in the 100th edition of the PNE ► \$6M spent on entertainment over the 17 days



JEFF HODSON
@METRONEWS.CA

A pair of popular events brought in for the 100th edition of the Fair at PNE — including a Macy's-style parade through the West End — will likely be dropped next season.

Laura Ballance, a spokeswoman for the PNE, said there are no plans to bring back the pa-

rade — a Vancouver tradition that was scrapped 15 years ago, but revived for the centennial.

The parade was possible this year because of a federal "marquee event" tourism grant.

This season's big opening-night concert also may not be repeated next year, since the temporary stadium that housed it may not still be standing.

Empire Fields is slated

for teardown with the re-opening of B.C. Place, which could be as early as July.

"It was unbelievable," said Ballance, of the Bryan Adams and Beach Boys concert that opened this year's fair.

"The excitement on the site, the excitement in the crowd in that stadium and the excitement of the performers was unsurpassed."



► The PNE's 100 Years Of Fun Parade, including KC Bear, heads down Miller Road yesterday during the final day of the annual summer fair.



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Catch, don't release

► Prisoner-transfer deal with Kenya still in works ► Canada currently not taking part in counter-piracy ops

Ottawa was so embarrassed by the "catch-and-release" conundrum involving Somali pirates last year that it ordered the navy not to take any prisoners unless it had a case that would stand up in court, say federal documents.

The policy change happened in the spring of last year and meant sailors would stand aside unless

"Where no evidence exists to prove an act of piracy was committed, the expectation is that no detainees would be taken."

LETTER TO DEFENCE MINISTER
PETER MACKEY, MAY 29, 2009

they actually saw the "commission of an act of piracy, or armed robbery generally defined as illegal use of violence" on the high seas.

At the time, the frigate HMCS Winnipeg was patrolling the northwest Indian Ocean as part of a NATO anti-piracy operation.

"Only in situations where HMCS Winnipeg apprehends persons during its current anti-piracy operations and where it believes that sufficient evidence exists that could lead to a prosecutable case" would prisoners be taken, said a May 29, 2009 letter asking Defence Minister Peter MacKay to approve the new policy.

The warship made headlines by foiling an attack on a Norwegian oil tanker



► A member of the naval boarding party stands watch last spring on HMCS Winnipeg, the vessel at the centre of the "catch-and-release" controversy involving Somali pirates.

in the Gulf of Aden and hunting down the pirates on April 18, 2009. But Ottawa believed it didn't have the jurisdiction to prosecute, so the suspects were released.

Legal experts looked at

Ottawa's policy with dismay and pointed to a UN Security Council resolution which called on "all states" with an interest in the area to investigate and prosecute pirates.

THE CANADIAN PRESS

The violent seas

The waters off east Africa were teeming in the spring of 2009. The Somali coastal region was the scene of a series of brazen

assaults and kidnappings by pirates intent on extorting millions of dollars in ransom.

THE CANADIAN PRESS

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News in brief



► Ashtiani

Stoning could happen soon

IRAN. The lawyer for Sakineh Mohammadi Ashtiani, an Iranian woman sentenced to be stoned on an adultery conviction, said yesterday that the delayed execution could be carried out soon with the end of a moratorium on death sentences during Ramadan.

THE ASSOCIATED PRESS

Afghans got \$650K: Report

DAMAGES. The Department of National Defence paid just over \$650,000 during the course of two years to compensate Afghans for damages and deaths, according to the Receiver

General of Canada.
THE CANADIAN PRESS

Minister gets jail time for marriages

SENTENCING. A British judge sentenced a Church of England minister to four years in jail yesterday for his part in a sham-marriage scam which saw hundreds of African men marry European women so they could stay in Britain.

The Rev. Alex Brown was convicted in July of conspiring to facilitate the commission of breaches of immigration laws.

THE ASSOCIATED PRESS

"The aircraft burst into flames on impact."

FATAL CRASH. Two brothers taking a small "home-built" plane for a spin in the British Columbia Interior were killed Sunday when the craft crashed and burst into flames shortly after take off.

Family members on the ground helplessly watched the afternoon tragedy unfold at the Mable Lake air strip near Lumby, east of Vernon, said RCMP spokesman Gordon Molendyk.

THE CANADIAN PRESS

Tories keep records of action-plan signage

Civil servants across Canada were ordered by the Harper government to document every single sign posted anywhere promoting the federal economic stimulus plan, The Canadian Press has learned.

They've spent countless hours tracking every one of more than 8,500 "Economic Action Plan" signs posted since last summer, when the urgent, weekly exercise was ordered by the Privy Council Office, the bureaucratic support arm of Prime Minister Stephen Harper's office.

Opposition critics have repeatedly claimed that the Conservative government is using the 2009 budgetary stimulus package as an on-going partisan platform to promote the Harper government.

THE CANADIAN PRESS



► A government sign in Mississippi Mills, Ont.

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What would you buy to save money?

How do you get penny pinchers to spend? Pitch products that promise to save them money.

Demand is rising for kitchen and bath gadgets that squeeze out that last blob of toothpaste and help get the suds out of tiny sliv-

ers of soap.

During the Great Recession, penny pinchers got even cheaper, while showing the newly frugal how it's done.

Cheapskate gadgets may be a sign of the times, but they're also a sign of how product makers and retailers are trying to get people back in the spending habit.

An open question is whether the truly frugal are too cheap to buy the gadgets that can cost up to \$20.

THE ASSOCIATED PRESS

Postmedia cutting jobs

Postmedia Network Inc. confirmed Friday that some of its daily newspapers are cutting jobs in an effort to tighten their operations and refocus on serving an Internet-based readership.

Canada's largest-circulation newspaper chain, made up of the former Canwest dailies, has started laying off some employees and offering voluntary buyouts

31 Number of jobs that have been cut at the Calgary Herald. Twenty jobs have also been cut at the Edmonton Journal.

to others at some of its operations, said Postmedia CEO Paul Godfrey.

"Everyone is busy preparing budgets and they're reviewing their needs and their staffing components based upon the digital-first philosophy" Godfrey said.

THE CANADIAN PRESS

Unions ready for battle over cuts

► Cutbacks in public sector could push economy backwards, warns CUPE president

While the private sector bore the brunt of the economic downturn, union leaders are turning their attention to the public sector as deficit-obsessed governments put the squeeze on their workers.

"I think there is the potential for quite a bit of confrontation in the public sector," said Erin Weir, economist for the United Steelworkers union, which counts 11,000 public-sector employees among its Canadian ranks.

Governments at all levels have warned that public-sector workers won't be immune as they shift their focus from stimulus spending to deficit cutting.

THE CANADIAN PRESS

Mixed views

Pollsters surveyed 2,000 Canadians on the economy in the final two weeks of August.

► **Pessimists** Only 20 per cent of respondents said they believe good times will return in the next 12 months, down from 25 per cent who said so in the last survey.

► **Optimists** However, about 26 per cent said they believe they themselves will be better off financially in a year, with only 14 per cent expecting to be worse off.

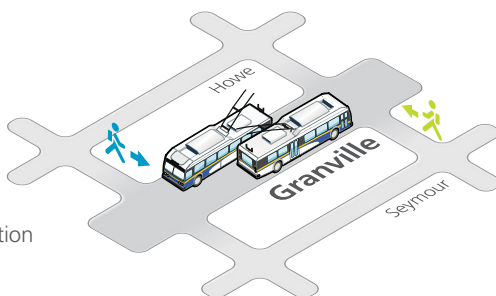
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- 7 Nanaimo Station/Dunbar
- 10 Granville/Hastings
- 15 Cambie/Downtown
- 16 Arbutus/29th Avenue Station
- 17 UBC/Downtown/Oak
- 20 Victoria/Downtown
- 50 Waterfront Station/False Creek South



After 9 p.m. on Fri, Sat, Sun & holidays, buses will run on Seymour Street (northbound) and Howe Street (southbound). NightBus service will continue to operate on Seymour and Howe.



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Tech. Taiwan



► Peter Chou, CEO of Taiwan's HTC Corp., which makes phones that compete with Apple's iPhone.

NG HAN GUAN/ASSOCIATED PRESS FILE

HTC raising profile

HTC Corp., the Taiwanese maker of smartphones, is moving out of the shadows and trying to establish its own brand name as it competes with Apple's iPhone. HTC supplies U.S. carriers but a year ago only one in 10 Americans knew its name. With the help of marketing, HTC says that number is up to 40 per cent.

IT'S TIME FOR THE RELATIONSHIP TALK

She says ...

JESSICA
NAPIER



There are two seriously awkward conversations everyone will have by the time they've reached their 20-something years.

The first probably happened around a decade ago when mom and dad sat you down and tried to talk to you about your sex life. As embarrassing as it might have been to listen to your parents wax poetic about condoms, it doesn't really compare to that other uncomfortable exchange you will be forced to have about two months into the beginning of every new relationship. I'm referring, of course, to *The Talk*, when a new couple determines if a given period of dating has successfully resulted in a full-

blown relationship.

Before you arrive at this terribly uncomfortable conversation you first get to enjoy a blissfully carefree period of romance. Dates one through 10 are optimistic, lighthearted and generally stress free. However, eventually you begin to realize you might really like this person and that's when you start to wonder if he or she feels the same way, too.

It is generally considered unacceptable to simply blurt out, "So, are you my boyfriend now?" Instead, you are expected to endure a lengthy period of

confusion, caught in between being single and being a couple. I like to refer to this agonizing state of unknowing as *dating purgatory*. No one wants to be the first to bring up the c-word (commitment), so this desperately coy game of relationship chicken can go on for a number of weeks, and even months, before someone finally utters those inevitable words, "Where do you see this going?"

"However, eventually you begin to realize you might really like this person and that's when you start to wonder if he or she feels the same way, too."

Is there a better way to approach this difficult yet necessary dating milestone? While they say timing is everything, my most recent

attempt at *The Talk* relied heavily on humour and plenty of wine. After some inaudible mutterings on my part about "being on the same page," he responded with nervous laughter and somehow we eventually reached the conclusion that we were now a couple.

Obviously, there is no cool, mature way to resolve the question of exclusivity. Asking someone if they want to be your boyfriend or girlfriend is possibly the most childish moment in any adult relationship. Perhaps we could all just make things a little easier by agreeing on some sort of standard dating formula. Here's what I'm proposing gentlemen: 10 dates + 4 sleepovers + 1 drunken night out with friends + a toothbrush at her place = boyfriend.

Cartoon

MICHAEL DE ADDER



Dangers of 'digital tattoo'

Worth mentioning

Call it Facebook 101.

Universities across the country are offering workshops, seminars and tipsheets on social media etiquette to new students, warning them of the potential consequences of posting every drunken moment online.

"They should think about what they do online as something they have to be comfortable talking about with their grandkids 50 years from now," said Jason Nolan, an assistant professor at Toronto's Ryerson University.

Ryerson isn't the only school to embark on teaching web etiquette.

The career centre at Toronto's York University

Web etiquette

THE CANADIAN PRESS FILE



offers a workshop to students wanting to learn how to use social media to find jobs, which includes a component on how to present oneself professionally online.

Carleton University in Ottawa offers a similar program through its career centre, and — at the request of faculty members — offers presen-

tations to classes.

At Dalhousie University in Halifax, students who log in to their internal email see an article posted to the web portal about online media titled, "Facebook: Don't Be So Trusting."

The University of British Columbia has dubbed the danger the "digital tattoo."

THE CANADIAN PRESS

What is the first thing you notice in the opposite sex?

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Metro Minute with September festivals

With the PNE wrapped up and the first onset of fall rains upon us, Vancouverites may feel inclined to mourn the end of summer. But September is full of great festivals and events. Here's a quick look-ahead:

- The Vancouver International Fringe Festival starts Thursday and runs until Sept. 19.
- Davie Street will be

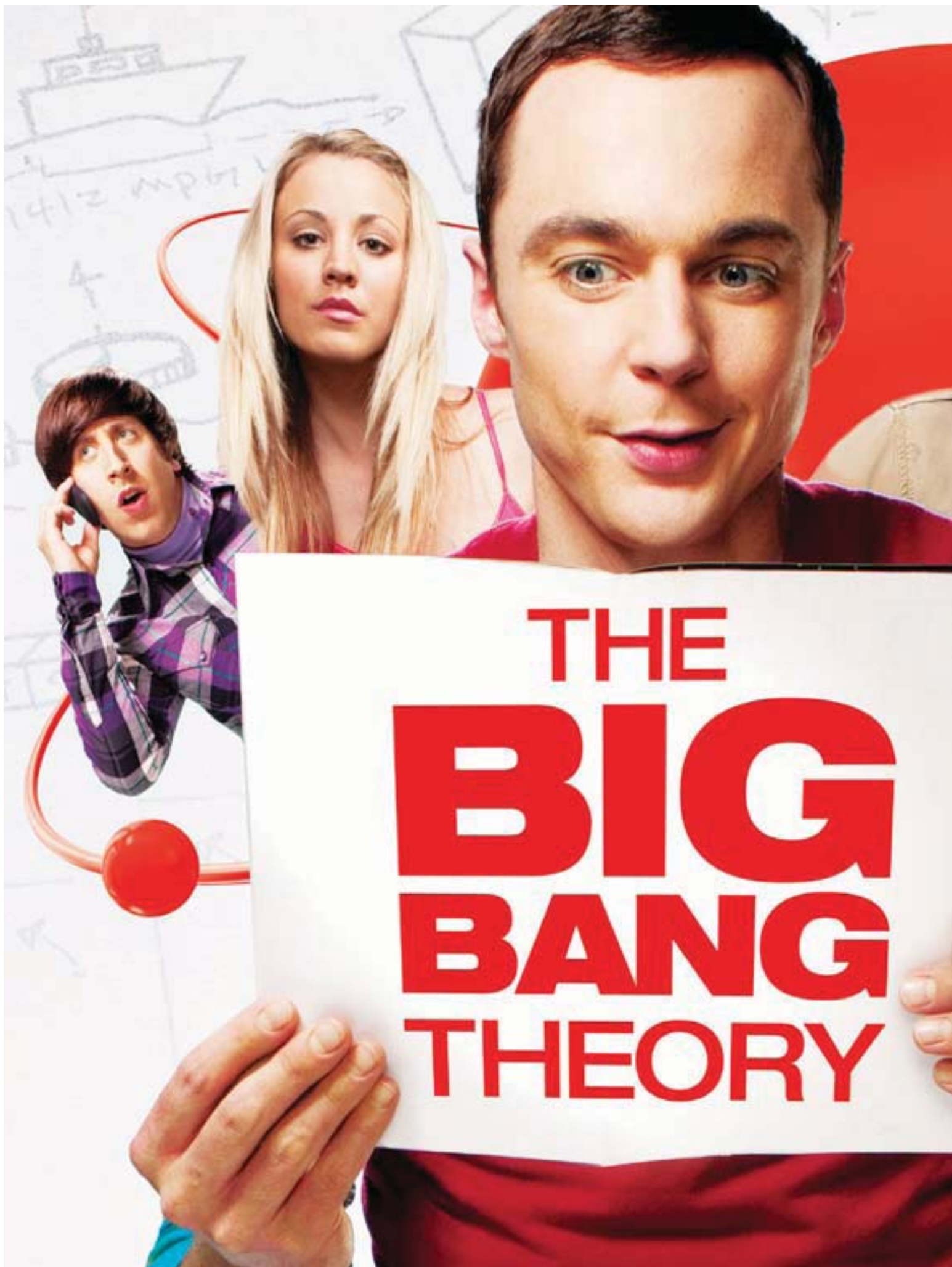
closed to traffic Saturday for Davie Day — an annual celebration of West End culture.

- The Vancouver Comedy Fest runs from Sept. 16-26. Headliners include Tom Green and Neil Hamburger.
- Bard on the Beach Shakespeare festival wraps up its 2010 season Sept. 25.

● KRISTEN THOMPSON



► Comedian Tom Green will be performing at the Vancouver Comedy Fest later this month.



THE
BIG
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5 NIGHTS
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7:30



2

scene

In brief



All the speculation about Jesse James and Kat Von D appears to have been on the nose, as the L.A. Ink star says she's in love with Sandra Bullock's ex-husband, according to People magazine.

"Jesse is only my ninth boyfriend. I don't hang out with anybody unless I am in love."

METRO



Hitman Clooney's The American wins weekend battle with \$16.4M

► Hip-hop star using Twitter to atone for his infamous on-stage brush with Taylor Swift at the MTV Video Music Awards ► Grammy-winning says he received death threats and suffered setbacks to his career following the incident



► Kanye West grabs the microphone from Taylor Swift at last year's MTV Video Music Awards.

Kanye West ready to bounce back

Hip-hop star Kanye West is still feeling the pain over his ambush of Taylor Swift last year — and he's expressing his pain all over Twitter.

West unleashed a torrent of emotions on his official Twitter account Saturday, acknowledging once again that he was wrong for jumping on stage, grabbing the microphone from Swift at the MTV Video Music Awards and saying her trophy should have gone to Beyoncé.

But the rapper-producer said that he has experienced enormous pain, been the subject of death wishes and suffered tremendous setback to his career.

"How deep is the scar ... I bled hard ... cancelled tour with the number one pop star in the world ... closed

"Man I love Twitter ... I've always been at the mercy of the press but no more ... The media tried to demonize me."

KANYE WEST

the doors of my clothing of fice," he tweeted.

The multiplatinum, Grammy-winning superstar had been one of the decade's most successful and critically acclaimed stars, despite sometimes boorish behaviour and meltdowns at other awards shows when things did not go his way.

However, when he upstaged Swift — the teenage darling of pop and country music worlds — the public had had enough. There was tremendous backlash against West — even President Barack Obama was caught calling him

a "jackass."

At the time, he went on Jay Leno's prime-time show to apologize and said he still had not recovered from his mother's death two years prior. He said he would be taking time off from the public eye.

That time off came sooner than expected. He cancelled a joint tour with Lady Gaga that fall, apparently due to low ticket sales. On Twitter, West talked about the backlash. "I'm the guy who at one point could perform the Justin Timberlake on stage and everyone would be so happy that I was there," he wrote.

After the incident, he said, "People tweeted that they wish I was dead ... No listen. They wanted me to die people. I carry that. I smile and take pictures through that."

West said he's now "ready to get out of my own way. The ego is overdone."

He also apologized to Swift again, and said he has written a song for her that he hopes she will perform. "If she won't take it then I will perform it for her," he said.

West is working on a new album that is supposed to come out this fall. A recent member of Twitter, West has been an active user, posting not only his feelings, but new songs and other updates. He has over 900,000 followers.

THE ASSOCIATED PRESS

Worldwide success not so tweet for K'Naan

It looks like a breakout year has taken its toll on K'naan.

The Somali-born, Toronto-raised hip-hop star took to Twitter on Saturday to come clean over what he felt was a half-hearted performance in Ireland.

"In all my years of touring, today marks the 1st time I've played an entire concert w/out feeling a thing. Just going through the motions," he tweeted early Saturday afternoon.

"I don't wanna be like this. Like 1 of those artists."

K'naan had been in Stradbally, Ireland, to play the Electric Picnic Festival. He was to perform in London yesterday before kicking off a monthlong Canadian tour in Montreal.

He's spent most of the year on the road. His Wavin' Flag was chosen as Coca-Cola's World Cup anthem, so K'naan found himself whisked from continent to continent along with the Cup, performing the triumphant tune — a Top 2 hit in Canada, Austria, Germany, Ireland and Switzerland.

The 32-year-old also performed a star-studded remix of the song at April's Juno Awards, where he took two trophies, including artist of the year.

"It could B b/c I've done over 80 countries this year, could B spiritual & physical fatigue, it could B that I need 2 get out new songs ... It could be since my breakup a year and a half ago that I haven't had a significant or lasting relationship. I can't say what it is," he added.

"All I know is, I feel sickly ever having to play these songs of personal redemption with an insincere stage presence."

THE ASSOCIATED PRESS



► K'Naan

Travolta drops extortion case

KEVIN WINTER/GETTY IMAGES

A judge in the Bahamas dismissed charges yesterday against two people accused of trying to extort money from John Travolta after the prosecutor said the actor no longer wanted to pursue a case stemming from the death of his teenage son.

Prosecutor Neil Braithwaite had submitted a motion to drop the case after a jury had already been picked and a retrial scheduled for the two defendants.

"The Travolta family has said that this matter has caused them unbelievable stress and pain and they wish to put this whole thing behind them," Braithwaite said.

Ambulance driver Tarino Lightbourne and his attorney, politician Pleasant Bridgewater, were accused of threatening to release private information about the January 2009 death of Travolta's 16-year-old son



► Actor John Travolta and actress Kelly Preston's son Jett died in January 2009 in the Bahamas.

Jett at the family vacation home in Grand Bahama.

Lightbourne, who was among the medics who treated Jett, allegedly sought \$25 million from the actor with the assistance of Bridgewater, who resigned her seat in the Bahamas Senate after she was charged in the case.

A judge declared a mistrial in October after a Bahamian lawmaker

suggested the still-deliberating jury had acquitted one of the suspects.

Travolta had testified during that trial and one of his attorneys said in October that he had been prepared to testify again if necessary. But the actor said yesterday that the delay in prosecuting the case had prompted his decision not to take the stand again

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DVD Releases this week

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Don't miss Micmacs

Micmacs

Genre: Comedy

Director: Jean-Pierre Jeunet

Stars: Dany Boon, Yolande Moreau, Dominique Pinon

●●●●●
Call Micmacs a secret blockbuster.

Imagine a Mission: Impossible satire in which

the likes of Charlie Chaplin and Buster Keaton acting as spies. In this case, it's Parisian street performers, who seek payback on two French arms dealers. These urban warriors are loyally supporting their new pal Bazil (Dany Boon), whose life has been inextricably and tragically linked to the arms merchants.

Micmacs is directed by Jean-Pierre Jeunet, the

misanthropic mind behind Amélie. He co-wrote it with Guillaume Laurant, his Amélie co-scribe.

The movie is an amalgam of Jeunet's two personalities: the starry-eyed celebrator of amour and Paris, as seen in Amélie, and the down-and-dirty trawler of the weird and grotesque, as witnessed in Delicatessen.

● PETER HOWELL

Year of the Carnivore

Genre: Comedy

Director: Sook-Yin Lee

Stars: Cristin Milioti, Mark

Rendall, Kevin McDonald

●●●●

Sex is a laughing matter for Sammy Smalls (Cristin Milioti), who can't stop giggling when she's wriggling. Blame it on her body-image issues, but it's a deal-breaker for Sammy's busker boyfriend Eugene (Mark Rendall).

Solution? She needs experience, pronto, and sets out to get it the way a bull goes china shopping. Any man with a pulse is in danger of meeting Sammy's newly unleashed libido, whether he likes it or not.

That's the hook for Sook-Yin Lee's decidedly quirky yet endearing comedy that wears its Juno crush like a hickey, and I mean that in a good way.

Milioti is a real find, bringing humour and empathy to a character that might normally summon thoughts of a



restraining order.

Sammy is a 21-year-old shop detective at a grocery store. She's good at spotting shoplifters — including one oldster who hides a steak under his hat — but she leaves the punishment to her boss, who metes out summary justice out back.

Of much greater concern of Sammy is her inability to have sex without having a giggle fit, a problem that has prompted exasperated Eugene, a true free thinker, who insists she play the field. Sammy does so in a way that combines work with pleasure, after a fashion.

As creepy and crazy as this scenario sounds, Milioti never loses touch with the audience.

● PETER HOWELL



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MY BEST '90S TRACKS

Whatever you think of Pitchfork — the indie music website — they put together some pretty great lists. They've recently tackled the '90s, coming up with the top 50 music videos and best tracks of the decade.

That got me thinking about the music in my teen years. So, I've decided to put together a little list, too: my top four Canadian albums of the '90s.

Sloan Twice Removed

These East Coast rockers were supposed to be Canada's Nirvana, but after the sludgy rock disc

Smear, the group took a 180-degree turn. Their catchy indie pop got them booted off their label, but it was a five-star collection of infectious hooks, witty lyrics and bright arrangements.

Thrush Hermit Clayton Park

Thrush Hermit's final album came out in 1999 and, if they didn't break up that same year, the disc could have been huge.

Our Lady Peace Naveed

The band's blend of '60s hard rock, U2-like guitars, Raine Maida's soaring melodies and a subtle darkness, destroyed its competition (that would be Moist and I Mother Earth) — nothing they've made since has been as good.

Neil Young Harvest Moon

I came to this album later in the '90s — it was released in 1992 — but it was a first real taste of Neil Young. I was stunned to hear Young's passionate and sometimes uncomfortable thoughts on growing old. The acoustic folk disc is still a stunning listen.

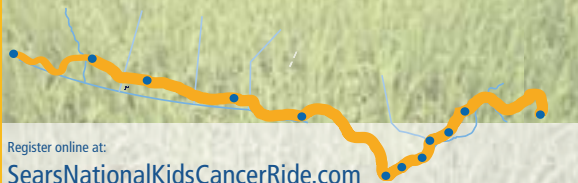


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PVRTweets

Who do you think is going to walk away with \$250,000 on *Bachelor Pad*?

@Steveoby If Situation was on Bachelor Pad he would win it all

@maryselalonde I think Dave is cunning enough to set to the finals and win it all

@esheinberg All the ones I picked got voted off already! I just hope its not Elizabeth!

@mirandacoop I think Tenley will take it home the prize

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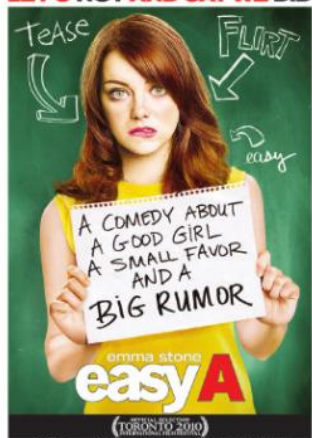
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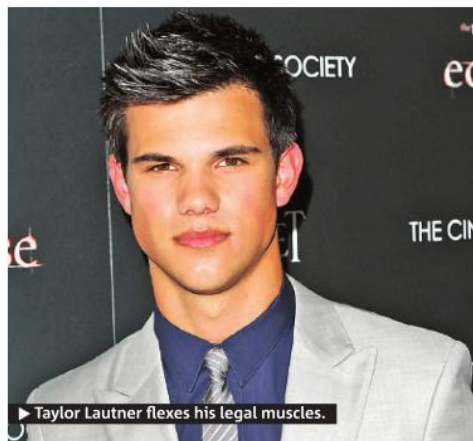
RV dealer pays for taking on Team Jacob

► Business to fork out \$40,000 to Lautner for failing to deliver custom vehicle

Taylor Lautner came out on top in his dispute with an RV dealership that failed to deliver a custom vehicle for the Twilight star, according to Us Weekly.

"McMahon's RV has agreed to settle its dispute with Taylor Lautner," the actor's lawyer says. "McMahon's RV will pay \$40,000 to Lautner, which Lautner will donate to the Lollipop Theater Network, a children's charity with which he has a long-standing relationship."

The 18-year-old Lautner sued the dealership Monday, saying it missed a June deadline to deliver the 2006 Affinity Country



► Taylor Lautner flexes his legal muscles.

Coach for use on the set of the movie *Abduction*.

Lautner's lawsuit also claimed the RV needed additional work after it was delivered. Barta's statement claimed the vehicle wasn't in a safe, drivable condition when it was

handed over. It was unclear what upgrades Lautner sought. McMahon said the vehicle was given a custom paint job.

McMahon had offered to compete in a push-up contest to solve the dispute.

● METRO

Celebrity tweets



it to the gym!!!!

Kelly Osbourne
[@MissKellyO] I made



to "man up" as much as "girl it down."

John Mayer
[@johnnmayer] I wouldn't say I have



How did I live this long without having seen that Double Rainbow video and it's autotune companion??

Sarah Silverman
[@SarahSilverman]



at Legoland. It was so much fun, next time I think I'll bring my children.

Conan O'Brien
[@conanOBrien] Just spent all day

Watch out! Lindsay Lohan's behind the wheel once again



► Lindsay Lohan

Barely a week after getting her license back for the first time in years, Lindsay Lohan is reportedly having trouble behind the wheel again.

Sources say the troubled actress clipped a stroller

holding a small child while turning a corner in West Hollywood, according to Radar Online.

"It wasn't super hard, but she made impact and hit them," a source says. "Lindsay pulled to the

right, stopped for two seconds, and then just kept going." When contacted for comment, Lohan told the website, "I don't know what you're talking about," before hanging up.

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► An international dance and cardio workout integrating both Latin and Asian moves, Zumba is the moving proof that there can be some science behind the best and wildest of parties ► Metro speaks to Zumba instructor Julie Kelly about how to get into the heat and heart of this exotic workout.

Zooming in on Zumba



► Show off your sexy spins and moves.



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Zumba combines moves from salsa and tango over to merengue and belly dancing. A class will have you swirling, squatting and swerving your way around your body and leave you smiling and sweating.

A cardio vascular exercise in disguise, Zumba carries huge benefits for the heart and is as instructor Julie Kelly describes, a form of "intermittent training."

"As you go from one dance move into the next, your heart rate goes up and down in a curvy line," she says. "This gives you time to recover in between moves and the ability to last throughout the entire workout."

Alongside its cardio benefits, Zumba also works on the core area, toning and defining stomach, arms and leg muscle. It also focuses on improving flexibility as engaging the hip and pelvic muscles and the lower back.

"Men come to Zumba

class as the flexibility work improves their golf swing," says Kelly. "The underlying sexiness of Zumba gives people the permission to move in ways they normally wouldn't, great for building self-esteem and body confidence and highly empowering."

The flowing pace allows people to mindlessly burning calories, great for weight loss.

Zumba is unique in that one class can require you to perform belly dance moves where you must engage your core and lower back,



Get the party started

Zumba moves are relatively easy therefore allowing the focus to remain on building up energy and finding a rhythm.

"There's a real party feel to it," says Kelly. "It's exercise in disguise and by the end of the class everyone is drenched in sweat. It reshapes your core and you start seeing definition lines in your body you didn't know you had. It works the bum, the thighs, the belly, the waist, the arms—everything."

followed by the salsa figure eight and lunges.

"We integrate the essence of Latin and (Asian) moves into the fitness," says Kelly.

"Salsa, flamenco, Indian bhangra, tango ... they all require hip movement and core strength. We do some salsa squats and side steps that are more focused on aerobics and great for toning up the legs. We also have this one move whereby we use the rib cage to swerve the hips into a figure of eight, great for trimming the waist."

3

life

New brand



Baby carrot farmers are launching a campaign that pitches the little, orange, snacks as fun and naughty — just like junk food. A group of 50 producers hopes the "Eat 'Em Like Junk Food" effort starting next week will double the \$1 billion market in two or three years. Learn more at babycarrots.com

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TUESDAY, SEPTEMBER 7, 2010



► Carrying your groceries home is a good way to tone your arms.

How to get fit unknowingly

► 5 ways to work fitness into your day-to-day life



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Here are some quick tips to stay fit on the go in your daily life.

- 1 Use the stairs. Try and use the stairs as much as you can. Whether it's getting in and out of buildings, walking to the bus or getting to your office floor. Forget elevators and escalators every once in a while and use your legs.
- 2
- 3 Go for a big shop. Carrying your grocery bags home in-

Go the extra mile. Get off the bus or subway one or two stops earlier and walk that extra stretch. It may not seem like a lot but doing this twice a day every day will add up the amount of steps you take.

Go for a big shop. Carrying your grocery bags home in-

stead of loading everything in a bag

or a basket will have a similar effect as weight lifting.

4 Go on the coffee run. Instead of seeing the coffee run for those around you as a chore, see it as the perfect excuse to go for a brisk walk outside and some fresh air.

5 Invest in a Swiss ball. Swiss balls aren't just for the gym. Using one for as your desk chair will actually help you stand upright and improve your posture.



► A swiss ball at home can go a long way to toning your muscles.

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Dealing with the devastating effects of neurofibromatosis

► One woman suffering from NF shares her story to help others

CELIA MILNE
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METRO NEWS

"People have no idea what NF is," says Christine Maunu.

She is a 33-year-old market researcher in Toronto who suffers from neurofibromatosis (NF). People who have NF develop benign tumours, which can grow along the nerves anywhere in the body or on the skin. It is often inherited, but in Maunu's case, it came out of the blue.

She first noticed bumps on her torso when she was about 14 years old. This is typical of NF; the diagnosis is often made in young people.

Maunu is one of about 11,000 Canadians who are living with NF. It is one of the most common genetic disorders, far more common than cystic fibrosis or Huntington's.

As she got older, she noticed more and more bumps.

When Maunu was in her 20s, she started doing online research about NF and became scared. Some of the possible results of the disease are a shorter lifespan, blindness, deafness, learning disabilities,

Incident

Shunned on the bus by a passenger who spotted her bumps caused by NF

► **Dealing with NF** Christine Maunu has small bumps from NF on her arms. She often wears long sleeves, but this summer has been hot, so she's been wearing short-sleeved shirts. Recently, she was sitting on a bus and someone was about to sit beside her. The other person noticed the bumps on her arms, looked disgusted and went to sit somewhere else. Maunu decided to share her story with readers of Metro. She also volunteers for NF Canada, an organization dedicated to improving the lives of Canadians living with NF. It relies on donations to help ease the emotional and physical suffering of those with NF.

curvature of the spine, and painful tumours. Many with the disease decide not to have children because each child has a 50/50 chance of acquiring the disorder.

"This was one of the



► It is estimated that 11,000 Canadians suffer from NF.

most upsetting moments of my life," says Maunu, choking back tears as she remembers the research. "I was crying. I thought I

was going to die." Ten years later, Maunu is much healthier than she thought she'd be when she was in her darkest hours.

She works full time at Metro Toronto, and has no problem being active.

She's brave enough to tell her story, hoping to

raise awareness about the disorder and thereby help others with NF who feel isolated and misunderstood.



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► More teens than ever are reporting some hearing loss.



Hearing loss

It's hard to tell if you are losing your hearing because it happens gradually. Here are the signs of hearing loss resulting from ongoing loud noise

- When an ongoing noise stops, sound may seem muffled
- People seem to mumble
- Your ears ring
- People tell you the TV is too loud
- You keep turning up the stereo so you can hear it
- You feel pressure or fullness in your ears.



ear buds aren't your friend

► Hearing loss affecting nearly 20 per cent of teens today ► Learning how to preset maximums on your headphones will save you in the long run



CELIA MILNE
WELLNESS@METRONEWS.CA

"Turn it down! You'll go deaf!"

Sound familiar? Mom always said listening to loud music would affect your hearing. Well, a new study has given her some ammunition. Loss of hearing is affecting five per cent more adolescents than it was 15 years ago, according to hearing experts who analysed U.S. survey data.

If people around you on the subway can hear your music right through your

25%

One quarter of young people entering the workforce had the early warning signs of hearing loss and almost five per cent more had abnormal results on hearing tests, according to a 2005 study by WorkSafe BC.

● CELIA MILNE

ear phones, your tunes are too loud, they say.

It's a good idea to pre-set

1,000,000

In Canada, more than a million people say they have a hearing-related disability. This is twice the number of people with sight-related problems.

the volume on electronic music devices to between half and two-thirds of maximum, suggests Dr. Ron Eavey, an otolaryngologist from Nashville, Tenn. Most devices play at up to 120 decibels, while anything above 85 is considered bad for hearing.

Eavey and colleagues studied results from a

large, population-based study called the National Health and Nutrition Examination Survey (NHANES), involving thousands of adolescents ages 12 to 19. They found that hearing loss is now affecting nearly 20 per cent of teens, and they are worried it is the beginning of an epidemic.



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The guide to Perfect Pins

Advice by celebrity fitness trainer Ramona Braganza whose clients include Jessica Biel and Hale Berry.



1 Fight cellulite – Stick to a healthy diet, meaning you should avoid salt, preservatives, and refined carbohydrates. Instead eat lots of vegetables, fruits and whole foods (brown carbohydrates). In addition, drink lots of water to flush the body of toxins and exercise regularly to increase metabolism and help the body get rid of wastes.

2 Elongate leg muscles – Posture building exercises such as performed in Yoga, Ballet and Pilates help define and elongate muscles in the leg.

3 Fight water retention – Ironically, one of the best ways of fighting water retention is by drinking more water. You should be aiming for at least eight glasses a day.

4 Tone up – Cardio vascular activities such as walking, jogging and dancing are great leg toners. Combine these with strength training exercises for optimum results.



5 Keep skin soft and smooth – Skin smoothness depends on hydration so once again consume enough pure water to keep hydrated and keep all bodily

systems working at their best.
● ROMINA MCGUINNNESS



Gear up for grace

► The lean, lithe and seemingly weightless figure of ballet dancers has always been envied. ► How they skip, swirl and jump into the air without breaking into sweat remains a mystery to most.

ROMINA MCGUINNNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Metro speaks to Jennifer Galardi, ballet bar assets instructor at Crunch Gym New York, about how to get the body of a prima ballerina.

ELONGATED ELEGANCE

The ballet workout focuses on elongating and shaping the body via a series of organic moves that engage the core muscles. Body awareness and control is needed to achieve the well-known flow and grace of ballet and eventually tone and lengthen the figure.

CONTROL

Like Pilates and Yoga, Ballet is a mind-body exercise. Body awareness is essential in getting the muscles to connect and work together to achieve a desired move or hold on to a posture.

The 'plié', literally meaning 'bend' in French, is a squat like move requiring connection and control.

"Keeping your feet pointing outwards and your heels stuck together, lower



► Professional ballet dancers

your body until you end up in what looks like a mini squat. Make sure that as you descend into the move, your back remains as straight as possible," says Galardi. "This way, the workout on your inner thighs and glutes will be more effective."

LENGTHEN

Ballet focuses on lengthening the muscles. The 'tendu', an outward leg movement that requires you to slide your legs out and point, forcing you to extend the leg out as far as you can.

The tendu is an organic move that engages the leg from your hip socket to your toes. "Don't be concerned about how high you lift your leg but how far away from the body you sense you can extend," explains Galardi. Although you are not technically lengthening the body, you are allowing your muscles to lengthen, giving them an intensive stretch.

FLOW

The ballet workout is a slow paced exercise that can lead

ve many frustrated as they struggle to maintain this controlled pace. "It's about using your body as a tool, something that requires attention and a mind body focus that many find challenging," says Galardi. The 'port de bras', literally the 'carriage of the arms' is the controlled move of the arms to different positions. Experienced ballet dancers make the move seem poised, graceful and even easy but in reality, they have work hard to achieve this flowing and fluid move.

POSTURE

The 'barre' (bar) is the only piece of equipment other than the body allowed in the class. Placed at waist height, the bar is used for performing balance and posture exercises as well as a tool with which you can work on building upper body strength.

"You must press down into the bar with an open palm but at no time should you grip it," explains Galardi. "You must use it to lift yourself out from the hips, all the time keeping the body in an upright position, fighting the urge to hunch over."



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Food and a bunch of fun

► There's no question about how much celebrity chef Chuck Hughes loves food ► Just look at his arms

On celebrity chef Chuck Hughes' arms are tattoos of lemon meringue pie and lobster. Another of shrimp and lemon. Pineapple. Pomegranates. Even one that has the word "Oysters" surrounded by a big heart.

"I've always really been into tattoos," explains Hughes, who says putting pictures of food on his body was a no-brainer.

"It's for life so you want to put stuff that you enjoy, stuff that you like and I never get tired of seafood."

His *Chuck's Day Off* cooking show had its second-season premiere on Food Network Canada last month, just days after the announcement it's been nominated for two Gemini Awards for best host and best lifestyle-practical information series.

While some cooking shows try to make prepar-

ing a dish seem like rocket science or mortal combat, Hughes aims to keep it simple — and fun.

Forget the starched, stuffy look of the stereotypical chef when it comes to the owner of the trendy Garde Manger restaurant in Old Montreal. Hughes is rock 'n' roll.

He says *Chuck's Day Off* is a way of acknowledging all the people behind the scenes in the restaurant business as well as showing how to prepare a meal.

"It's really a celebration of everything restaurant," he says. "Really, I'm surrounded by a million people that really make it happen."

In the show, he prepares a meal for some of these people on his day off at his restaurant in a 125-year-old stone house.

THE CANADIAN PRESS



► Chuck Hughes' show *Chuck's Day Off* airs on the Food Network.

The following recipe created by celebrity chef Chuck Hughes is easy to make yet bound to wow your guests.

Ratatouille and Black Cod en Papillote

Preparation:
1 Preheat oven to 200 C (400 F). Line a baking tray large enough to hold the length of the fish with a piece of parchment paper that you can double over to encase the mixture.

2 On the parchment paper, place onion, eggplant, zucchini and tomato slices in a tightly overlapping and alternating pattern, leaving a 2.5-cm (1-inch) margin around the edge of the paper. Season with salt and pepper.

3 Lay fish on top of vegetables. Drizzle fish with oil. Garnish fish with red pepper, garlic and thyme. Season with salt and pepper. Place butter on top, scattering cubes to distribute evenly.

Ingredients:

- 500 g (1 lb) black cod, skinned
- 30 ml (2 tbsp) olive oil
- 1 onion, finely sliced
- 1 Italian eggplant, finely sliced
- 1 zucchini, finely sliced
- 1 yellow zucchini, finely sliced
- 1 tomato, finely sliced
- 1 red pepper, seeded and diced
- 1 clove garlic, minced
- 4 sprigs fresh thyme
- 30 ml (2 tbsp) butter, cubed
- Sea salt and pepper, to taste

4 Fold parchment paper over fish and vegetables, folding in ends and crimping edges to seal bundle. Steam in oven for about 20 minutes or until flaky.

5 Transfer parchment package to a serving plate. Cut paper open, being careful as steam will escape. Makes 4 servings.

THE ASSOCIATED PRESS

ADVERTISING FEATURE

Committed to Quality



Ron Versteeg, 49, works on his dairy farm seven days a week and he plans to keep it up for another 20 years. When you're part of an industry you believe in, it's easy to stay motivated.

"I love my job," says Ron, a third-generation farmer and resident of Russell, Ontario near Ottawa. "My work helps make Canadian dairy products the best in the world, not just in terms of purity and quality, but taste, too."

Ron's high-tech, highly regulated operation would shock an old world farmer like his grandfather. He owns 210 heads of cattle, each housed in a sand-bedded stall. His farm milks 100 of them every day—three times each. Speed is important, but cleanliness matters most. "We clean the cow's udders beforehand and dip the teats in iodine immediately afterward to prevent contamination," Ron explains. "The milking itself takes about five minutes."

Ron's family owns a 'closed herd', meaning they don't milk cattle they haven't raised themselves. They also grow all the hay, soybean, corn and cereals needed to feed the herd. This allows Ron maximum quality control

over his operation. Even if something escaped his attention, dairy industry procedures would be there to catch it. "The milk's picked up every day," says Ron. "The transporter tests it on the spot, and it's tested again when it arrives at the processing plant. If it reaches your table, you can be sure it's safe."

The '100% Canadian Milk' symbol, displayed on



hundreds of dairy products, signifies that all proper procedures have been followed. For Ron, though, it means even more: "When Canadians choose to buy products made with 100% Canadian milk, they are purchasing the finest milk Canadian producers have to offer. But they can also feel good knowing they are contributing to the local economy in more ways than one.

Through the support of Canadian consumers, I was able to build a new barn, a project that allowed me to employ 20 local workers for almost a year."



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For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

BLT in frittata form

Is there anything a BLT can't inspire? It's been turned into a pasta dish. It's been made into a jam. It's been done as a salad. Even as a soup. And now ... we give you the BLT frittata.

OK, it isn't a direct correlation. This recipe tops a basic egg frittata with bacon and tomato. Lettuce seemed a poor choice for anything that lands under a broiler, so the recipe goes

with another green — chopped scallions. A healthy toss of grated manchego cheese helps tie it together. The result is a fast and easy flavour-packed dish that is ready for dinner duty. And if you want to lighten it up, just substitute turkey or chicken bacon and cut back or eliminate the cheese.

Preparation:

Ingredients:

- 6 large eggs
- 50 ml (1/4 cup) fat-free half-and-half (or milk)
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 125 g (1/4 lb) bacon, cut into small pieces
- 1 medium yellow onion, diced
- 2 ml (1/2 tsp) garlic powder
- 1 large or 2 medium tomatoes, thinly sliced
- 250 ml (1 cup) grated manchego cheese
- 1 scallion, thinly sliced

1 Heat oven to broil. In a medium bowl, combine eggs, half-and-half, salt and pepper. Whisk well, then set aside.

2 In a large, oven-safe skillet over medium-high, cook bacon until just crisp, about 5 minutes. Add onion and garlic powder and saute for another 6 to 8 minutes or until onion begins to brown. Transfer half of the bacon and onion to a small bowl and set aside.

3 Return skillet with remaining bacon and onion to medium heat. Add eggs to skillet, stir



► Yes, that's right, a BLT frittata.

to mix in bacon, then let cook until the bottom has set, about 5 minutes.

4 Remove skillet from heat. Arrange tomato slices over top of eggs in an even layer. Sprinkle cheese over tomatoes, then sprinkle scallions

and reserved bacon and onions over it.

5 Broil on oven's lowest rack for 1 to 2 minutes or until the cheese is melted and lightly browned and the egg is set through the centre.

THE ASSOCIATED PRESS

Liquid Assets

Final BBQ days are upon us



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Like it or not folks with Labour Day come and gone, the end of summer isn't far behind. That doesn't mean we can't party like it's 1999; especially when there's still some prime barbecuing weather left. I'm keen to grab some red meat and a little chicken and take advantage of every cooking alfresco day I have left.

My choice grilling grape mate is malbec, but rather than choose one from Argentina (where the berry is king) think neighbouring Chile and the Concha y Toro 2009 Casillero del Diablo Malbec (\$12.95 - \$14.23). It's got more up-front fruit and soft, dry tannins than most of its competitors next door; finishing with some nice, light licorice and black pepper.

For a BBQ white I'm all over chardonnay. The

grape's got the body and personality to make nice with both red and white meat with the Sterling Vineyards 2009 Vintner's Collection Chardonnay (\$14.95 - \$15.25) from California's Central Coast a winning combo of butter, green apple, tropical fruit, banana, coconut and butterscotch.

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Tips for parents

Here are a few tips for parents who have children heading off to college:

- Talk about the transition — and the contradictory feelings your whole family may be feeling (excitement, sadness, anxiety).

- Be honest about how you're feeling, but also be encouraging. Express excitement about your child's future.

- Give advice, but only when requested. Consider responding with "What do you think?" or "How would you do it?" Don't be in a rush to problem-solve for your freshman.

- Unless there is a serious emergency, let your child find and use the many resources on campus that will help him or her solve those problems.

- Remember that emotions are particularly cranked up during times of transition. Cut each other some slack.

- Talk about how home will be the same, yet different — but don't be in a rush to take over your child's room immediately. Your freshman still needs to know he or she has a place at home, at least at first.

- Make definite plans to see one another and talk about those plans.

- Attend to the feelings of your other children. **THE ASSOCIATED PRESS**



► Ariana Kramer, left, follows her mother as they shop for supplies in Iowa City, Iowa, where she is beginning her freshman year.

Learning to say goodbye

► Goodbye mother, goodbye father: Nowadays college send-off may be hardest for parents

The hour when Ariana Kramer will begin her college career is fast approaching — and her parents are in an office supply store, disagreeing about hanging files, of all things.

"She'll need them," her mother says.

"I don't think so," her dad counters.

Ariana, meanwhile, walks dreamily through the store, offering no opinion on this particular decision. She is, in fact, confident that she will have what she needs when she starts her freshman year at the Universi-

ty of Iowa.

She has mom, the family organizer, with her, and dad, the calm encourager. And they have "the list," which mom printed from one of those "what-you'll-need-at-college" websites.

New laptop. Check.

Comforter with matching sheets. Check.

Laundry detergent. Body wash. Antacid.

Check. Check. Check. Mind you, Robin and Paul Kramer aren't those crazy college parents — not like the mother who, as relayed by one dean of students at one California

college, stayed in her daughter's dorm room with her for four nights to help her adjust (until the daughter's roommate complained).

Nor have they ignored barricades intended to keep parents from trying to register for classes for their children, or crashed student-only orientation events, which officials at universities say happens more and more.

Still, even for average parents, the letting go is difficult — more so, they and many others say, than it was for parents of college-bound freshmen in

"I'm supposed to shed a few tears and then send her to the world, right?"

ROBIN KRAMER

decades past.

Robin Kramer recalls how her own parents, who never attended college, dropped her off with a trunk full of belongings at Drake University, also in Iowa, in 1978. She set up her room and attended orientation without them there. "It's just what you did then," she says.

It was much the same

for Paul, whose father took him to the University of Wisconsin in 1977 and then went fishing. "It was a culture shock," he says. "I wasn't sure I was going to survive."

Perhaps that is part of what makes this "process of leaving," as Robin calls it, more difficult.

It is, all at once, overwhelming and exciting for everyone involved. But some say it's often hardest for parents, who remember the days of college when there were fewer support systems in place for students.

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How We Met:
Kevin & Eileen

Names: Kevin, 32, and Eileen, 30

Hometown: Toronto

Together since: 2004

Their story:

"I (Eileen) first saw Kevin while I was doing my undergrad at the University of Western Ontario. He would wait outside my economics class for an "accidental" run in, but it

never ended up happening. Then he found out that I was roommates with one of his friends from high school. He asked her if I was single — I was not. And then he discovered we were all going on vacation to Mexico for spring break. He tried to get invited — he was denied. He kinda became my friendly, neighbourhood stalker. We officially met in my third year of university (his fourth) at a party thrown by a mutual friend. I loved his sense of humour and I thought he was absolutely gorgeous, but I was dating someone else at the time. The timing was just off. Fast-forward three years to a friend's birthday party at a bar in Toronto. I spotted Kevin and he looked familiar to me, but I just could-



► Kevin and Eileen first met at university.

n't place him. He knew a lot about me and I was embarrassed that I couldn't remember meeting him. He was charming and sweet and we (finally!) hit it off instantly. We were also both single and we be-

gan dating. Two years later, we got engaged and then married the following year."

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'Please hold, your call is very important to us'

► We've all been there, waiting on hold at a dreaded call centre ► Here are some tips to survive the ordeal

Benjamin Franklin would have hated telephone call centres. I can just see him drumming his fingers as he waited in the queue to talk to a utility, bank, discount broker or cellphone company muttering, "time is money."

Ben's comment won't change the call centre culture but here are a couple of suggestions about how to get value from your wait.

- Make a list of the questions you want answered. The longer you wait the more likely you'll forget what you're waiting for.

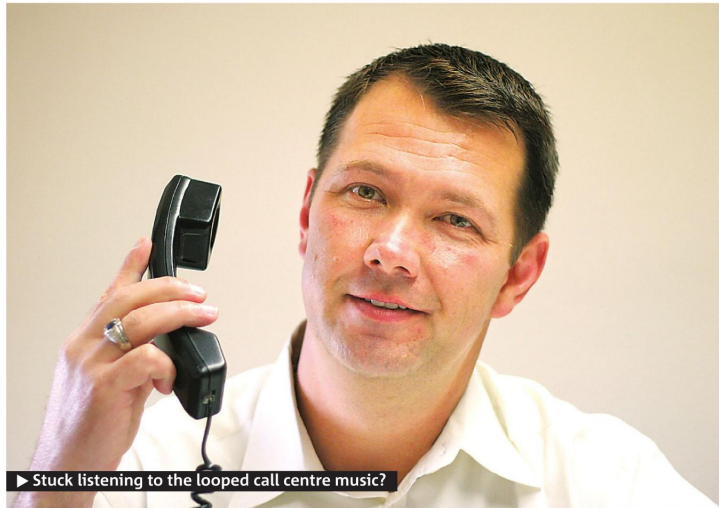
- Wear earphones or use the speakerphone leaving your hands free to do something useful. This also eliminates telephone ear.

- File! Bills, statements, invoices. All that boring essential stuff.

- Answer emails. But take care as you can be distracted by music or a radio loop on the line. Re-read e-mails carefully before you hit send.

- When you're connected to a real person, get their name or ID number and, if possible, a call back number in case you're disconnected.

- Don't waste time if



► Stuck listening to the looped call centre music?

you're getting nowhere, ask for a supervisor. They have a more authority to solve problems.

- Take notes. This is essential and has saved my bacon several times. Recently I had a disagreement with a U.S. home security company. Based on my notes I was able to convince a supervisor to review their call tapes. I prevailed and saved a couple of hundred dollars.

- If the issue relates to a contested bill or incorrect service plan ask that the

operator read back his or her notes. I did this with my Internet provider and the notes bore little resemblance to our conversation.

- Make sure your battery is charged up. There is absolutely nothing worse than having a phone die after you've sat in a phone queue for ages.

- Don't lose your temper no matter what the provocation. Many companies allow operators to end a conversation if the client becomes angry.

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THE REAL COST OF PSE — IS IT WORTH IT?

Canadian trade, technical, apprenticeship and undergraduate programs cost on average between \$20,000 and \$50,000.

Post graduate programs cost upwards of \$50,000 to \$100,000. Most graduates leave post-secondary with at least \$20,000 to \$30,000 in student debt. On top of this, there's the opportunity cost of hitting the books for a few years; you forfeit income-earning opportunities because you're not working full time. So while your friends are bringing home handsome paycheques, you're forking out sick amounts of dough for an education.

Is education worth it? Considering 75 per cent of future jobs will require education, YES! Plus, according to the National Graduate's Survey (Stats Canada), when you invest in any type of post-secondary, your long term income-earning ability is a few hundred thousand dollars to over a million dollars greater than a high school graduate's. Research has shown that educated people not only earn more money, but also enjoy a higher quality of life because they have more choices in terms of

their career opportunities and lifestyle.

If you know you're going to hit the books, save for school in advance. Through regular automatic bank deductions save in a Guaranteed Investment Certificate, Money Market Mutual Fund or High interest savings account. Each is low risk and earns stable returns. To get more benefit save within your Tax Free Savings Account to avoid unnecessary taxes. Apply for scholarships, bursaries and income assistance through the campus registrar's office or library.

Consider working while you're going to school. Check if your current employer can accommodate your school schedule through a flexible work arrangement. Or apply for jobs on campus.

Student debt is often unavoidable. Only apply for what you need. Government student loans have competitive interest rates, flexible repayment plans and you can write off the interest after graduation.

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How to have 'the talk' with your parents

Canada's "sandwich generation" is caught between working, raising young kids, saving for retirement and some may have the added challenge of helping their parents during their retirement.

Even though adults are used to responsibilities, it can be tough to adjust to parents needing help. But, if you suspect your parents are worried or may need additional financial support for retirement, you should have that conversation with them now.

"The role reversal might be uncomfortable," says Carrie Russell, senior vice president at TD Canada Trust. "It wasn't easy for your mom or dad to talk about the birds and the bees with you, but they stumbled through it because they knew it was important. Now it's your turn

to have 'the talk' with your parents."

Here are some tips:

- Start by thanking your parents. Let them know that after everything they have done, you want to make sure they can retire comfortably. Ask if they have concerns and offer to talk them through.

- Talk to your parents as early as possible about their retirement. Do they have a good grasp of their sources of income and what their expenses will be?

- Be practical. The reality is that some Canadians will live beyond their savings. The conversation may confirm that your parents have enough saved to fund their retirement or give you an idea of how much they may need.

NEWS CANADA





► The key to get through cultural challenges: Stay positive and expand your horizons.

Going abroad

If you're studying in a new culture, here are a few things experts suggest to lessen your culture shock:

- Be social. Join clubs and groups with other people, particularly those who share your own interests and connect with classmates after class. Making friends will help ease you into the culture more naturally and with less frustration.
- Make use of international student resources on campus. Most schools provide counselling and support services to help international students get and stay on their feet in a new culture so you don't have to go it alone.

Tips for new students

For foreign students, Canada's culture can seem starkly different from back home. Here are a few things to remember:

Canada gets cold! "The weather can be a visceral experience for new students," Suderman said. Get someone local to help you shop for what may likely be your first real winter jacket or set of boots.

The phrase, "Hi, how are you?" is more of a simple pleasantry than a real question, it's meant to show you are approachable. Similarly, "Let's meet for coffee sometime" is less about coffee, or even about getting together, as it is a polite parting phrase. ● **RAF BRUSILOV**

STUDY SHOCK

► Cultural differences make for new challenges when studying abroad ► Experts recommend being social and taking advantage of campus resources



The hardest part of being an international student sometimes isn't the grades at all, but rather the challenges that come

from being in a new culture.

Michelle Suderman, associate director of international student development at the University of British Columbia says while the first few weeks in a new cul-

ture can be loads of fun as you discover new things and meet new people, once things settle down a hard reality can hit when you realize that enthusiasm alone isn't going to get you through your new challenges.

The key is to stay positive and make an effort to expand your horizons constructively.

"Research indicates that when people are coming into a new culture they tend to have a honeymoon period, but

then eventually they crash and start to miss those things which are familiar to them. Most people find that if they go beyond their comfort zone they actually emerge stronger for it," Suderman said.

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IN CANADA

► Looking for a job off campus? Not every student is allowed



► Most campuses have a career centre that can help international students with their job search.



ERIC EMIN WOOD
FOR METRO CANADA

International students hoping to finance their studies with part-time work have two options: Find a job on

campus, or apply for an off-campus work permit.

Students are not eligible for the permit until they have completed six months of full-time studies and are in good academic standing.

Applying for a permit

- The application process for an off-campus work permit is the same across Canada.
- Qualified students can visit cic.gc.ca/english/e-services/off-campus.asp, register with the govern-

ment's "MyCIC" service, and apply online.

- Even with a work permit, students are not allowed to work more than 20 hours per week during the school year, to avoid compromising their studies.
- Once registered, students may work anywhere in Canada.

"meaning they are coping with their course loads," says Cheryl Gonsalves, an international student advisor with the University of Toronto.

The intent, she says, is to prepare students for culture shock — settling into a new education and social system.

However, international students who successfully register for more than six months of full-time Canadian study receive a study permit, which allows them to work on campus.

"It is felt that within your own environment it's a lot easier to take some work

on," Gonsalves says.

Most campuses have a career centre which can assist international students with their job search, help them write up a resume and look for job postings, she says.

"It's a great opportunity," says Michelle Suderman, associate director of international student development at the University of British Columbia.

Suderman notes that "on-campus" includes stores and restaurants on campus grounds, or research facilities and institutes affiliated with the school, such as hospitals.

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At their fingertips

► New iPhone technology helps doctors diagnose and treat patients



GEN
HANDLEY
FOR METRO VANCOUVER

Thanks to a new iPhone application, valuable medical information is literally at the doctor's fingertips.

Developed in partnership with the University of British Columbia Faculty of Medicine and the Ministry of Health Services, the BC Guidelines iPhone application allows doctors easy access to the latest diagnosis and treatment information without having to flip through the latest medical journal or study.

"There's always new research and treatment guidelines coming out every day and it's hard to keep up," says Dr. Kendall Ho, Director of the eHealth Strategy Office in the UBC Faculty of Medicine. "With this application, within a few seconds — few clicks — we can find the answer to a clinical question about a patient."

For example, Dr. Ho says this technology can help diagnose diabetes, providing specific guidelines for glucose levels in the blood.

Dr. Ho envisions this software, which is also available for BlackBerry, to continue to grow and adapt to other mediums such as the iPad.

"I see these technologies as very powerful tools in that they store and deliver valuable information and communication," says Ho, who is also an associate professor of Emergency Medicine. "It's wonderful to take advantage of that and improve people's health."

Just the facts

- The iPhone application was available in June 2010
- 1,000 copies were downloaded in the first two weeks
- Versions for BlackBerry, Palm and Windows Mobile are also available
- UBC developed the software and the app



► Dr. Kendall Ho demonstrates the BC Guidelines iPhone application.

TECHNOLOGY

List of conditions available on app

- Ankle Injury
- Asthma
- B12 & Folate Deficiency
- Bone Density Measurement in Women
- Cardiovascular Disease

ease

- Cataract
- Chest Pain
- Chronic Kidney Disease

ease

- COPD
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- Depression
- Diabetes
- Dyspepsia
- ESR
- Frailty in the Elderly
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VCC building garners award

► Building B is home to the college's Health Sciences dept.



KYLE FARQUHARSON
FOR METRO VANCOUVER

Senior interior designer Janice Hicks of Vancouver firm Stantec Architecture said she and members of her design team are "thrilled" to be recognized for their efforts in Building B, at the Broadway campus of Vancouver Career College (VCC).

"I'm a people person, and community projects are the things I get the most joy out of," Hicks added.

Last month, Stantec received a bronze medal from the Interior Designers Institute of British Columbia (IDIBC) for VCC Building B's interior layout.

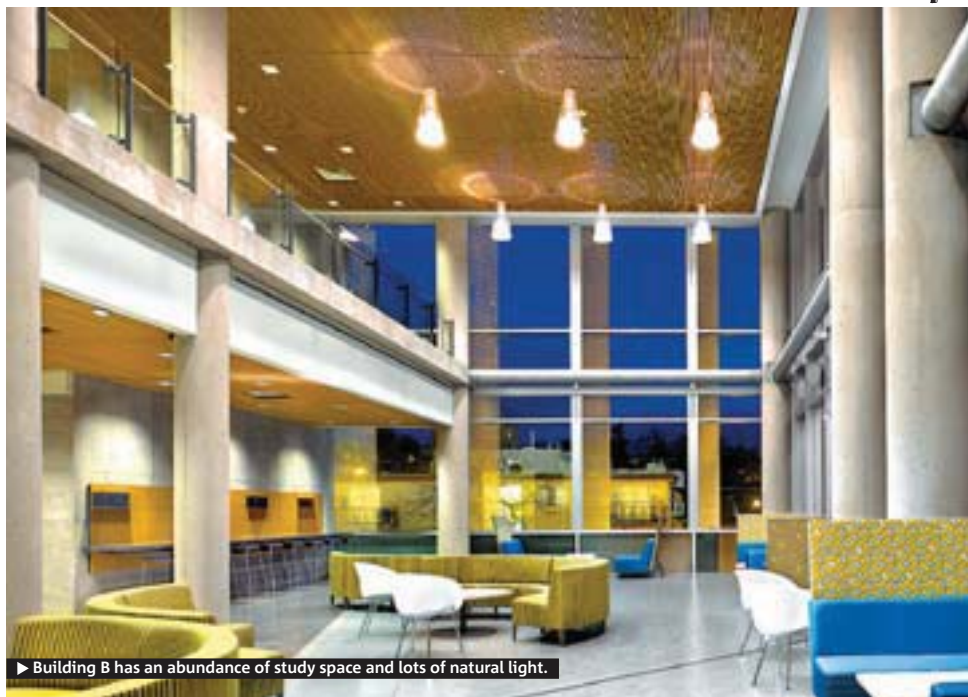
"The building houses a grouping of disciplines, and we wanted to make sure there was enough space for ever-changing

technology requirements," said Hicks.

"We also wanted students from other areas to recognize (Building B) as part of their campus, and feel like they were invited to come down there."

Building B houses the School of Health Sciences, including health care labs and classrooms. There is also abundant study space for students, a designated event space, a coffee kiosk, and additional rooms for staff meetings. Stantec, as well as staff and students of the college, celebrate the availability of natural light, the interconnecting staircases, and comfortable seating areas throughout.

VCC plays host to nearly 25,000 students per year, and is the largest public college in B.C. accredited by the provincial Ministry of Advanced Education.



► Building B has an abundance of study space and lots of natural light.

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Deeper understanding

- B.C. Cancer Agency offers hope for those with rare forms of disease
- Cancer genome mapped



KYLE FARQUHARSON
@METRONEWS.CA

Relief may be in sight for sufferers of rare cancers, according to new analyses conducted by a team at the B.C. Cancer Agency's Genome Sciences Centre.

That's because the researchers have mapped the genome of a rare malignant tongue tumour, and found some molecular hints as to why cancer cells operate differently from normal cells.

"For the rare forms of cancer there are typically no approved treatment protocols and there is little understanding of the molecular features that underlie the disease," said SFU molecular biologist Dr. Steven Jones, who is part of the BCCRA team,

"Understanding the crucial primary and secondary genetic changes in this tumour provided treatment options that stabilized a rare and aggressive cancer."

DR. JOSEPH CONNORS, MEDICAL ONCOLOGIST WITH THE B.C. CANCER AGENCY

along with fellow SFU graduate Dr. Marco Marra.

"Ultimately, we could apply genome sequencing to all tumours to make sure that the therapy matches the patient tumour characteristics," Jones added.

The knowledge that



► SFU graduate Dr. Steven Jones is a member of the research team that recently mapped the genetic code of a rare tongue cancer.

medical professionals glean from studying the genome of a tumour will allow doctors to prescribe personalized treatments, with greater accuracy and effectiveness than ever before.

And physicians will be able to stay one step ahead, spotting dangerous mutations early on.

But the technology is a novelty, and the process of genome mapping for tu-

mours tends to be pricey. However, Jones is optimistic.

"I can see this being done routinely for some tumour types in five years," he predicts.

By the numbers

- **Total numbers** Approximately 11 million people worldwide contract cancer each year.
- **Types** There are close to 200 different types of cancer that can affect people. Cancers are generally divided into two categories: carcinomas, which occur on the surface of organs; and sarcomas, which develop within cells.
- **Genome** The first-ever map of a human genome was completed in 2003. In December 2005, the first efforts to map cancer genomes began, and by 2008, the first genome of a cancer patient was mapped. This year, scientists have catalogued unique molecular characteristics within cancer genomes, allowing for differentiation from normal cells, earlier detection and more targeted treatment.

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► Emily Carr offers new social media courses starting this fall ► Learn tools to control your online presence



LINA
TOYODA
FOR METRO VANCOUVER

The Internet has changed the world. And to stay on top of the game, more people are looking to social media and savvy online skills to garner an audience, gather information and interact with their fans, critics and colleagues.

"It's really the digital footprint that you leave all

around the web," says expert photographer and web strategist Kris Krug. "So it's about maximizing presence and having a broad reach, many touch points, many on-ramps to your body of work."

In light of this ever-changing landscape, Emily Carr University of Art and Design is introducing four social media courses this fall through its Continuing Studies program to equip students and professionals with the skills to be successful in the digital world.

"The changes that we see in the online world really represent an exciting time for artists and young creatives. They represent an upheaval of traditional power hierarchies," says Krug who will be teaching one of the courses, Photography for the Social Web.

Where there were power structures in place that involved arts journalists, galleries and curators who all stood between an artist and the audience, he says the people who are now

the most successful are those who are connecting directly with their audiences.

Krug says the Net provides a solid platform to engage people, activate the community, and build a personal brand around your work.

Who's who

The instructors of the new courses are all well known in the social media world locally, says Amy Clausen of the Continuing Studies program. "They're very active

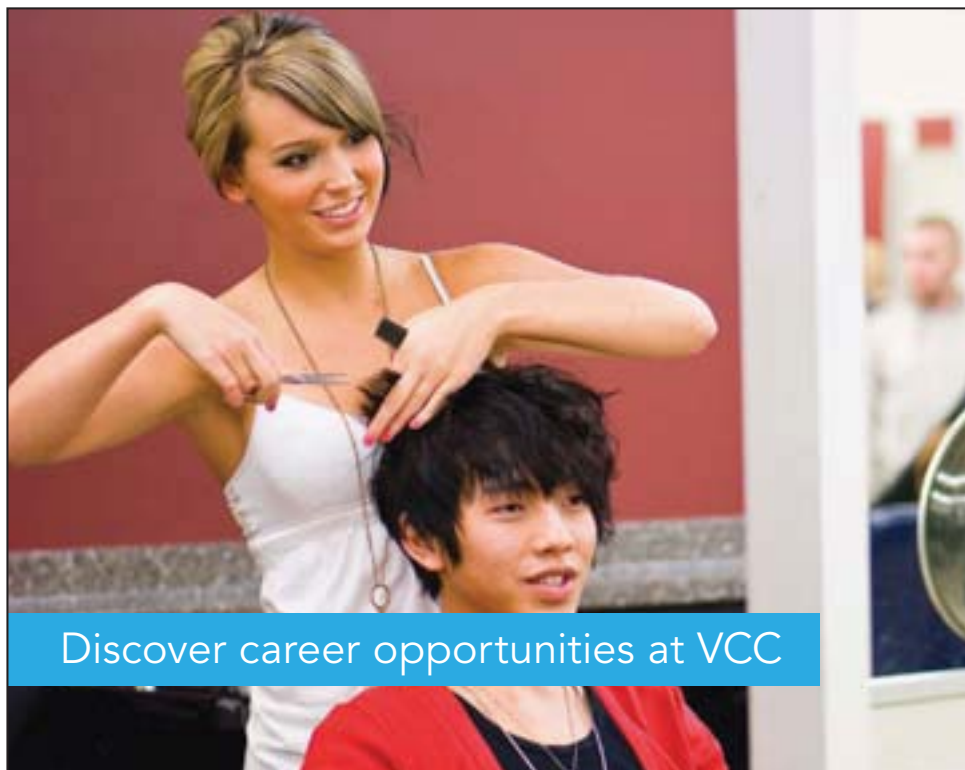
in their respective fields."

- Finding Your Social Medium, Sept. 13 to Nov. 1, \$325, Mon 6:30 to 9:30 p.m., instructor Rebecca Coleman
- The Art of Social Media, Sept. 15 to Oct. 20, \$350, Wed 6 to 9 p.m., instructor

- Rob Cottingham Photography for the Social Web, Oct. 14 to Nov. 25, \$275, Thurs 6 to 9 p.m., instructor Kris Krug
- The Art of Blogging: an Intro, Nov. 3 to Dec. 1, \$275, Wed 6 to 9 p.m., instructor Linda Solomon



► Kris Krug teaches social media at Emily Carr



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Wednesday, Sept. 8, 6 p.m. – room 164

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Wednesday, Sept. 8, 6:30 p.m. – room 420

Culinary Arts

Friday, Sept. 10, 9:30 a.m. – room 305 B

Office Administration Certificate

Tuesday, Sept. 14, 5:30 p.m. – room 419

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Wednesday, Sept. 15, 4:30 p.m. – room 201

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KYLE FARQUHARSON
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Ease of access to locally grown foods is one of the key selling points of the weekly Pocket Farmers' Market at the Broadway campus of Vancouver Career College (VCC), said Alaina Thebault of the Coquitlam Farmers' Market.

On July 28, VCC announced that due to its popularity, the pocket farmers' market would be extended every Tuesday until Oct. 26, enabling local homesteaders and food producers to vend their wares on campus well into the harvest season.

"Our goal is to provide a conveniently accessible way to buy local food, and also to educate and inform the public of the benefits

2,400

2,400 km (further than Vancouver is from Winnipeg) was the average distance that produce travelled in the United States to reach a large grocery store in 2001, according to data from Iowa State University.

of buying locally," said Thebault, who believes local fare presents advantages both for the environment and consumer health.

Besides fresh produce, the market at VCC offers kettle popcorn, lemonade, all-natural salsa, honey, artisan breads, dairy products and eggs. Music students from the college



► You can find everything from fresh produce to kettle popcorn at the VCC.

also provide entertainment for the market's clientele, which includes staff, students, and community members. And in

the spirit of avoiding waste, leftover produce is donated to the VCC day-care. The VCC pocket farmers' market is one of

many in the Vancouver area, including others at Simon Fraser University and at the Metro Vancouver Headquarters.

Off to market

► **Volunteers** A pocket farmers' market is one in which volunteers and employees retail foods on behalf of local farmers, eliminating the need for those cultivators to go to market to sell their goods.

► **Local producers** Produce transported from afar is often picked slightly before it is fully ripe in anticipation of a long transportation period. Locally-grown fruits and vegetables have the advantage of arriving when their ripeness, nutritional value and freshness are all optimal.

► **Good year for local food** According to Alaina Thebault, due to the combination of warm sunshine and rainfall, this summer has been an especially good one for tomatoes, berries, and corn.

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**KEITH
CARMEN**
FOR METRO CANADA

For 183 years, students have flocked to the University of Toronto for their post-secondary education. With its latest program commencing this fall, however, a number of those pupils are signing on to be turfed right back out.

Such is the modus be-

hind the Munk School of Global Affairs at the University of Toronto and their Master of Global Affairs program. As director Steven Bernstein relates, the two-year designation features, "specialized instruction on global economic and financial systems, global institutions, global security and global civil society." The (temporary) ejection comes

during an element unique to most universities: During their second year, students are placed in an internship outside of Canada.

Essentially, apart from foreign affairs schooling, the Master of Global Affairs degree is the first of its kind with a universal focus. It's also the premiere program featuring mandatory international internships integrated into the curriculum. Bernstein feels this practice will offer graduates accelerated experience in their field.

"The unique factor of this program is that it combines the (aforementioned specializations) with applied learning," he notes. "It teaches government, non-profit and markets at the global scale."

Conceptually, the program originated via both students and businesses advocating for a union of academics with professional development and practical



HEATHER CARMAN OSTRANDER/FOR METRO CANADA

► The home of U of T's new Master of Global Affairs program.

skills. In application, it incorporates a number of internationally-revered professors instructing on customized courses in their area of expertise.

Upon completion of a final capstone course based

on internships taking students to Africa, Latin America, Asia or Europe, graduates attain a new designation: MGA with ability to combine degrees.

"We expect it will become known quickly," Bern-

stein smiles. "I believe we're the only one using it currently, but it is a Master designation from the University of Toronto. We believe it will be well-recognized as a university degree distinct from a traditional MBA."

MGA program

► Ensuring the Global Affairs program is well-rounded, Bernstein and crew have created a comprehensive curriculum over a two year span. Mandatory first year classes provide a broad foundation of information divided into the following courses:

- Development of the Global System
- Global Security
- Strategic Thinking and Decision-Making

- Global Civil Society
- International Economics
- International Law
- Global Public Policy

► Specialization occurs in year two, with elective courses honing in on one of Global Affairs' major components:

- Economics in Markets
- Institutions for Foreign Policy
- Global Civil Society

► After a successful internship, graduates are graced with an MGA designation.

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DENNIS DIXON, ON BEING PICKED TO START AT QUARTERBACK FOR THE PITTSBURGH STEELERS.

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MIKE TOMLIN



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► Caroline Wozniacki celebrates match point against Maria Sharapova yesterday at the U.S. Open.

Top-seeded Woz advances

► Win allows Wozniacki to reach women's quarter-finals ► Denmark native commits just 10 unforced errors compared to Sharapova's 36

Forehands, backhands, big serves. Caroline Wozniacki got almost everything back yesterday, frustrating Maria Sharapova in a 6-3, 6-4 victory to advance to the quarter-finals of the U.S. Open. Top-seeded Wozniacki won the way she always does — by chasing down hundreds of balls and forcing the other player into making mistakes.

The 14th-seeded Sharapova, trying to return to the quarter-finals at Flushing Meadows for the first time since winning it all in 2006, fought for longer than any of Wozniacki's

opponents to this point. But as the pressure of Wozniacki's consistency built, the hard-hitting Russian went for even more, with limited results.

Sharapova wound up making 36 unforced errors. Wozniacki finished with 10 in what was, by far, her biggest challenge of the tournament thus far.

"I knew it wasn't going to be easy," said Wozniacki, who lost to Kim Clijsters in the final last year. "I got a lot of experience from last year, so it definitely helped me today."

Wozniacki improved to

18-1 since Wimbledon and stretched her winning streak to 12 matches. Through her first four U.S. Open matches, she has lost a total of 10 games. Maybe most impressive, though, is this stat: She's made 40 unforced errors, compared to 123 by her opponents.

In men's action, Roger Federer reached the quarter-finals at a 26th major in a row by beating No. 13 Jurgen Melzer of Austria 6-3, 7-6 (4), 6-3 in last night's final match.

He will take on No. 5 Robin Soderling in the quarter-finals.

Quarter-finals

► Next up, "Woz" plays 45th-ranked Dominika Cibulkova, who defeated No. 11 Svetlana Kuznetsova 7-5, 7-6 (4) earlier yesterday.

► The other quarter-final on that side of the draw will be No. 31 Kaia Kanepi of Estonia against No. 7 Vera Zvonareva, who overwhelmed 38th-ranked Andrea Petkovic of Germany 6-1, 6-2 last night.

THE ASSOCIATED PRESS

Sports in brief

Texans sign Leinart: Agent

NFL. Matt Leinart has agreed to a one-year deal with the Houston Texans, according to agent Tom Condon. Leinart was cut by Arizona Saturday. Condon confirmed in a phone interview with The Associated Press yesterday that Leinart had reached a deal with the Texans.

THE ASSOCIATED PRESS

Als' Spencer stabbed: Source

CFL. Montreal Alouettes linebacker Walter Spencer was taken to hospital early yesterday morning after being stabbed in a bar. A CFL source who requested anonymity said Spencer got into an argument with another person when he was "attacked" and stabbed twice, once in the lung.

THE CANADIAN PRESS

Birdies win it for Hoffman

GOLF. Charley Hoffman made 11 birdies, and that was more than enough to win the Deutsche Bank Championship.

Hoffman closed with a 9-under 62 to win the second playoff event and go to No. 2 in the FedEx Cup standings.

Tiger Woods shot 68 and tied for 11th. It was enough to keep the No. 1 ranking when Phil Mickelson again blew a good chance to replace him.

THE ASSOCIATED PRESS

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Cancun/Riviera Maya

Gran Bahia Principe Coba • 5★

All-Inclusive • Junior suite
Nov. 6 • 1 wk.

\$999

+Taxes & other fees
(including service charges): \$285

Grand Sirenis Riviera Maya Hotel & Spa • 5★

All-Inclusive • Junior suite
Dec. 28 • 1 wk.

\$1599

+Taxes & other fees
(including service charges): \$290

Puerto Vallarta/ Riviera Nayarit Canto del Sol Plaza Vallarta • 3 1/2★

All-Inclusive • Standard rm.
Nov. 6 - 27 • 1 wk.

\$959

+Taxes & other fees
(including service charges): \$276

MEXICO

Ixtapa/Zihuatanejo

Tesoro Ixtapa • 3 1/2★

All-Inclusive • Deluxe rm.
Jan. 1 • 1 wk.

\$1139

+Taxes & other fees
(including service charges): \$276

Los Cabos

Barceló Los Cabos Palace Deluxe • 5★

All-Inclusive
Junior suite deluxe
Dec. 19 • 1 wk.

\$1429

+Taxes & other fees
(including service charges): \$278

CUBA

Varadero

Sirenis La Salina Varadero • 4★

All-Inclusive • Standard rm.
Dec. 24 • 1 wk.

\$1769

+Taxes & other fees
(including service charges): \$222

CUBA

Varadero

Iberostar Laguna Azul • 4 1/2★

All-Inclusive • Standard rm.
Dec. 31 • 1 wk.

\$1469

+Taxes & other fees
(including service charges): \$222

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive
Standard rm.
Jan. 7, 14, 21 & 28 • 1 wk.

\$1399

+Taxes & other fees
(including service charges): \$275

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive • Junior suite
Jan. 7 & 14 • 1 wk.

\$1599

+Taxes & other fees
(including service charges): \$275

FLIGHTS VIA TORONTO

DOMINICAN REPUBLIC

Samana

Gran Bahia Principe El Portillo • 4 1/2★

All-Inclusive • Junior suite
Sept. 19 & 26 • 1 wk.

\$759

+Taxes & other fees
(including service charges): \$326

DOMINICAN REPUBLIC

Samana

Grand Paradise Samana • 4★

All-Inclusive
Superior garden rm.
Nov. 7 - Dec. 12 • 1 wk.

\$899

+Taxes & other fees
(including service charges): \$326

ANTIGUA

Jolly Beach Resort & Spa • 3 1/2★

All-Inclusive
Standard oceanview rm.
Oct. 2 - 30 • 1 wk.

\$1399

+Taxes & other fees
(including service charges): \$249

USA

HONOLULU

Aqua Aloha Surf & Spa • 3★

Continental breakfast
Savvy Saver - Moderate partial city view rm.
Nov. 11, 15 & 18 • 1 wk.

\$699

+Taxes & other fees
(including service charges): \$143

CRUISE

Princess Cruise Line¹

Caribbean Princess

Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. J
Nov. 21 • 1 wk.

\$1279

+Taxes & other fees
(including service charges): \$270

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